

# Frequently Asked Questions about CBD

<p>What is CBD?</p>	<ul style="list-style-type: none"> <li>• Cannabidiol (CBD) is a molecule made by the cannabis plant that can bind to human cannabinoid receptors. Unlike THC, which is an agonist of cannabinoid receptors, CBD is primarily an antagonist.</li> <li>• CBD has minimal psychoactive effects other than sedation. It is not known to produce euphoria or to be addicting.</li> </ul>
<p>CBD as a medication</p>	<ul style="list-style-type: none"> <li>• CBD has many purported medical effects, including treatment of anxiety, depression, pain, inflammation, psychosis and cancer. <b>However, the only condition for which CBD has scientifically been established effective is as an anticonvulsant for children.</b></li> <li>• Pharmaceutical grade CBD is the active ingredient in Epidiolex, an FDA approved anticonvulsant that is only available by prescription. It is indicated for the treatment of treatment refractory epilepsy in children with Lenox-Gastaut Syndrome, Dravet Syndrome or tuberous sclerosis in patients aged 1 year and older.</li> <li>• CBD extracts from cannabis are marketed in a variety of forms, including: oils/tinctures, hand/body creams, pills, gummies. There is no governmental regulation or oversight in the manufacturing of these products. There is great variation in the quantity and quality of ingredients in these supplements, even from batch to back of the same product. The package insert may not contain all the correct ingredients contained in the product. Studies have shown that the percentage of CBD contained in these artisanal products is often incorrect. * Of concern, THC has been found in CBD products that did not list THC as an ingredient.</li> <li>• While technically the FDA prohibits any claims of medical benefits on CBD-based products, this rule is not enforced. Health food stores and other outlets market and sell CBD products, often for any conceivable symptom or condition with unfounded medical claims.</li> </ul>
<p>CBD side effects</p>	<ul style="list-style-type: none"> <li>• The most common side effects from CBD are sedation, appetite suppression, nausea, vomiting and diarrhea. Side effects are more common at high doses.</li> </ul>

# Frequently Asked Questions about CBD

	<ul style="list-style-type: none"> <li>• <b>Hepatotoxicity has been reported with Epidiolex and baseline LFTs and periodic monitoring of liver functioning is recommended</b></li> <li>• CBD also has a number of medication interactions and increases the risk of side effects from other meds.</li> <li>• <b>CBD is an inhibitor of the cytochrome p450 system – this will lead to an accumulation of some drugs and increased side effects from them.</b></li> <li>• <b>CBD will potentiate sedatives, analgesics, benzodiazepines, hypnotics and other drugs that cause sedation.</b></li> <li>• <b>CBD is not detected by a standard urine drug screen.</b></li> </ul>
<p>Risks of CBD</p>	<ul style="list-style-type: none"> <li>• <b>Endogenous (naturally occurring) Cannabinoids are critically important for brain development.</b> Exposure to THC during adolescence is known to harm the developing brain, activate the reward pathway (nucleus accumbens) and increase the youth’s likelihood of developing a substance use problem in the future. The impact of CBD has been less well studied, but threats to development are a serious, if theoretical, concern.</li> <li>• CBD products are illegal by federal law and are not regulated by any federal body. Products labelled as containing CBD have a broad range of CBD concentrations – from none at all to trace amounts to high concentrations. Many of these products also contain THC even if they are not labelled as such. This is a dangerous exposure for children and adolescents.</li> <li>• <b>CBD is not recommended to be used at all in any form by pregnant or nursing mothers.</b></li> </ul>

Some additional info to keep in mind: **The American Epilepsy Society** issued a statement in July 2019 regarding use of CBD products: **“Avoid purchase and use of artisanal CBD products”**... and **“these products are produced and sold with little or no regulatory control”**

\*<https://jamanetwork.com/journals/jama/fullarticle/2661569>

The CBD FAQs Tip Sheet is offered for information purposes only and is not meant as a substitute for independent medical judgment or the advice of a qualified physician or healthcare professional. The CBD FAQs Tip Sheet is not intended to provide medical advice or clinical services to patients, to verify or approve medical information or credentials, or to make any medical referrals. The CBD FAQs Tip Sheet not provide professional or medical advice or recommend any particular medical device or service, including recommendations or endorsements through the CBD FAQs Tip Sheet Users who choose to use information or recommendations made available by the CBD FAQs Tip Sheet do so at their own risk and should not rely on that information as professional medical advice or use it to replace any relationship with their physicians or other qualified healthcare professionals.